



Instructions for Completing Zika Laboratory Forms and Submitting Specimens to Illinois Department of Public Health (IDPH) Chicago Laboratory

Please call the McHenry County Department of Health (MCDH) Communicable Disease (CD) Program at 815-334-4500, to receive authorization number to submit specimens to the IDPH Chicago Laboratory.

Complete the IDPH Arboviral Lab Submission Form with authorization number. Submit the completed form to the IDPH Chicago laboratory with the specimen(s).

Please see the chart below to determine what specimen should be sent to the IDPH Laboratory

	Time since possible Zika virus exposure*	Specimen Needed
Pregnant Women	< 2 weeks	Urine and Serum
	2 - 12 weeks	Urine and Serum
	> 12 weeks	Serum
Symptomatic [†] Men and Non-Pregnant Women	< 2 weeks	Urine and serum
	2 - 12 weeks	Serum
	> 12 weeks	No testing indicated

*Travel to area of active Zika virus transmission or sexual contact with a person who traveled to area of active Zika virus transmission. Up to date areas of active Zika virus transmission can be found at: <https://www.cdc.gov/zika/geo/active-countries.html>

[†]One or more of the following: fever, rash, arthralgia, conjunctivitis, or Guillain-Barre Syndrome

For more information regarding the testing to be performed see the [Illinois Flowchart: Choosing appropriate Zika Virus tests for authorized patients](http://dph.illinois.gov/sites/default/files/publications/illinois-flowchart-choosing-appropriate-zikavirustestsfor-authorizedpatients91516-120616.pdf) which is located at: <http://dph.illinois.gov/sites/default/files/publications/illinois-flowchart-choosing-appropriate-zikavirustestsfor-authorizedpatients91516-120616.pdf>.

Submitting Specimens to IDPH Laboratory for Testing

- **Do not** ship specimens to the IDPH Chicago Laboratory without prior authorization from MCDH.
- Collect the blood in a serum separator tube (SST) and centrifuge the specimen. Store the specimens at 4°C. Other specimen types may be collected and placed in a sterile container suitable for transport.
- Specimens must be transported on ice packs and received at the IDPH Chicago Laboratory within 72 hours of collection. If specimens need to be stored for more than 72 hours, they must be frozen at -70°C. Frozen specimens must be shipped to the IDPH Chicago Laboratory on dry ice.
- Schedule shipping to ensure specimens are delivered to IDPH during routine business hours (Monday through Friday). **Do not schedule shipments that may be delivered on weekends or holidays.**
- Package and ship specimens with the IDPH Arboviral Lab Submission Form using established guidelines for category B Diagnostic Specimen UN 3373 to:

Illinois Department of Public Health Laboratories
Virology Laboratory
2121 West Taylor
Chicago, IL 60612

- The IDPH Division of Laboratories offers web-based Infectious substances shipping training at <https://i.train.org>. The training is free and accessible on-line.
- Please direct any questions regarding collection, storage and shipment to the IDPH Chicago Laboratory at 312-793-4760.

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Recommended guidelines for people who have traveled or plan to travel to an area with active Zika transmission	
If you are pregnant	Pregnant women should not travel to areas with Zika. If you must travel to an area with Zika, talk to your healthcare provider
If your partner is pregnant	Use condoms correctly, every time you have vaginal, anal, or oral sex or do not have sex for the entire pregnancy
If you and your partner are planning a pregnancy	Women -Wait at least 8 weeks after symptoms start or last possible exposure Men-Wait at least 6 months after symptoms start or last possible exposure

See the CDC website for updated guidance regarding Zika virus and sexual transmission, <https://www.cdc.gov/zika/prevention/protect-yourself-during-sex.html>.